



**LEAPS & BOUNDS**  
PERFORMANCE REHABILITATION

## HELP US HELP OUR COMMUNITY

This month we will be raising money for Strides For Melanoma! In May, we will be walking in honour of our friend and classmate Nadia, who passed away with Melanoma. We will donate \$10 for every Google review we receive!

**STRIDES FOR  
MELANOMA**  
Taking Steps to Stop Skin Cancer



We donated \$550 to local charities based on reviews last year alone. So, if you are a long-time client of ours and have received exceptional service with a great outcome, please consider leaving us a review.

[CLICK HERE TO DO GOOD  
& LEAVE US A REVIEW!](#)

## GET IN TOUCH

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# NEWSLETTER



## THE BENEFITS OF NUTRITION FOR CONCUSSION RECOVERY

[CLICK HERE TO START HEALING TODAY](#)

Have you or someone you love had a concussion? Do you notice that since hitting your head, you seem “off?” If you are looking for solutions to resolve your symptoms and get back to doing what you love, don’t hesitate to call today! From manual techniques to exercise recommendations and nutritional advice, Leaps & Bounds Performance Rehabilitation can help.

Concussions are a type of brain injury caused by a force/hit or sudden acceleration and deceleration to the head, neck, or body. A significant reason for the concerns regarding concussions is that the forces transmitted to the brain can impair your physical and mental capacities for an extended period of time.

Although concussions can be debilitating and restricting, concussion therapy can help provide the guidance you need, so you don’t have to figure out a recovery plan on your own. Request an appointment today!

### HOW NUTRITION HELPS CONCUSSION RECOVERY

Recent research for concussion recovery has demonstrated that the most effective treatments include proper nutrition. Our diet and intake of micronutrients influence our recovery, and adding this to the recovery plan can aid in achieving optimal results! The goal is to do what it takes to allow the brain to heal.

PERFORM BETTER • RECOVER FASTER • STAY IN THE GAME

# THE BENEFITS OF NUTRITION FOR CONCUSSION RECOVERY

There are specific nutrients that aid in the repair and functioning of cells acquired through your diet. The initial concussion injury results in several destructive processes within the brain that result in an overproduction of free radicals, leading to more stress and inflammation in the brain. This will lead to problems in cell function and persistent symptoms. A study published by Applied Physiology, Nutrition, and Metabolism titled "Sports-related concussions and subconcussive impacts in athletes: incidence, diagnosis, and the emerging role of EPA and DHA" by Lust et al. explain the benefits of nutrition for patients with concussions.

The study states there is also growing research examining the role of nutrition in brain injuries in reducing inflammation and promoting recovery following brain injury and leading to better long-term health outcomes.

After suffering a concussion, some people experience a lack of the macronutrient omega-3 or micronutrients, including:

- Vitamins C, D, and E
- Magnesium
- Zinc

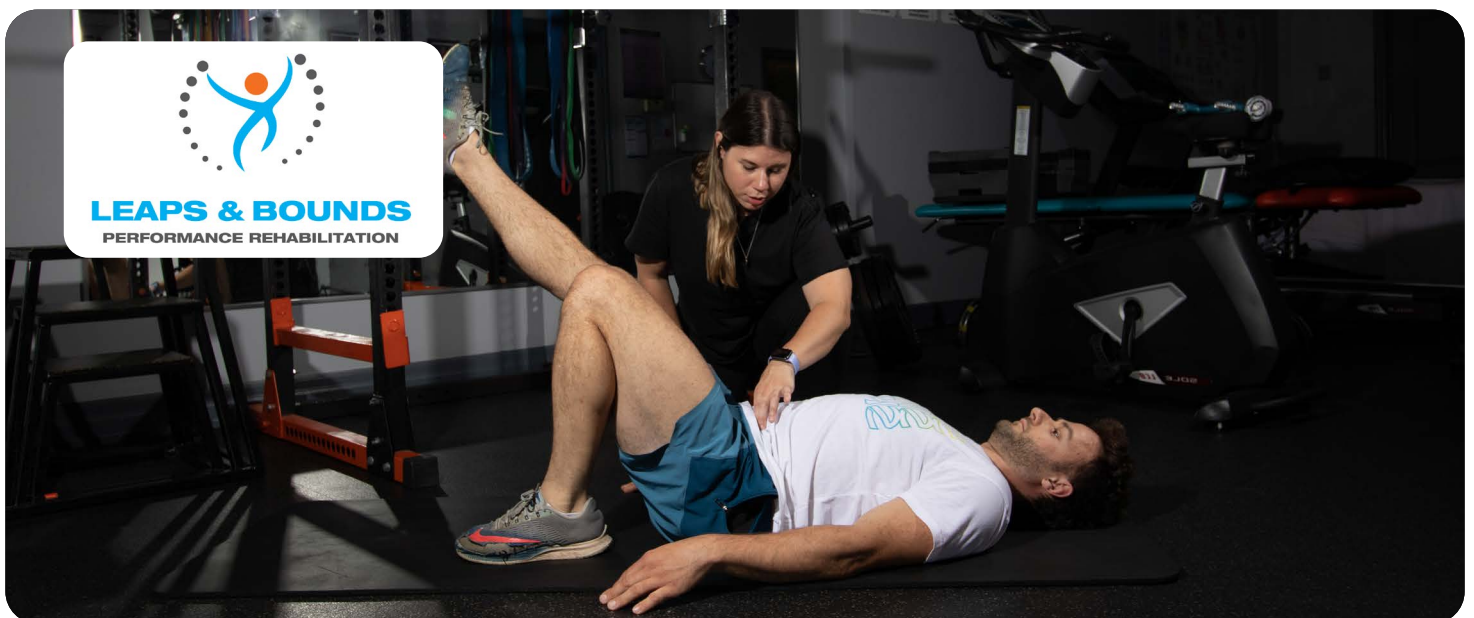
Proper advice regarding nutrition following a concussion is critical to make sure you are making the right food choices to ensure essential vitamins and minerals intake. Proper nutrition ensures the body can respond to the injury and repair/heal properly. Green leafy vegetables are very good because they have many vitamins and minerals that are important in head injury recovery.

Concussions often lead to impairments in the brain's normal function, including the inability to focus or memory loss and confusion. These changes make it difficult for some to make healthy choices, including choosing the wrong types of foods.

## THE FOLLOWING FOODS ARE NOT RECOMMENDED FOLLOWING A CONCUSSION:

- **Inflammatory foods:** People may choose inflammatory foods like highly processed/refined foods after head injury. These foods can inhibit the healing process and lead to chronic concussion symptoms.
- **Alcohol:** All types of alcohol can further impair cognitive functioning and negatively impact mood. Avoiding any mood-altering substances is essential to have the fastest recovery.
- **An improper ratio of omega-3s to omega-6s fatty acids:** Using sunflower and corn oils, all high in omega-6s, can lead to an imbalance and an increased risk of prolonged symptoms. Using olive oil and choosing foods rich in omega-3 fatty acids like fatty fish eggs, nuts and seeds can help maintain the proper ratio for proper healing.
- **Red meats:** Although it is crucial to find quality protein sources, eating red meats may inhibit our cellular and tissue production/repair. Choose lean meats (i.e., chicken and turkey), vegetable proteins, eggs, nuts, seeds, and beans to get adequate protein for optimal healing.

[CLICK HERE TO START HEALING TODAY](#)



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## PATIENT SUCCESS STORY

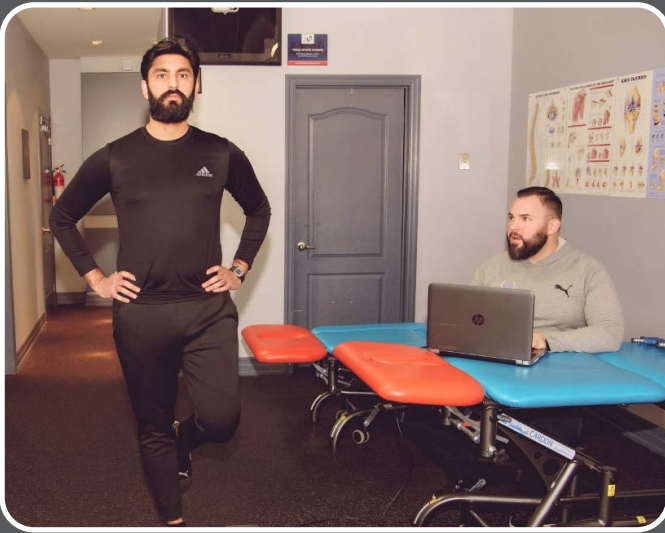


"Carolina and Pat are amazing at what they do. I have had both help me successfully through several injuries over the years. They are both personable, kind and compassionate. I've also referred others to the clinic who have been equally pleased with their services.

Amazing clinic, staff and practitioners!"

— S.S.

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## THE BENEFITS OF NUTRITION FOR CONCUSSION RECOVERY

Having a proactive approach to concussions will lead to the best outcomes. Research on concussions is evolving, and as we continue to learn, we realize that nutrition plays a significant role in a successful outcome.

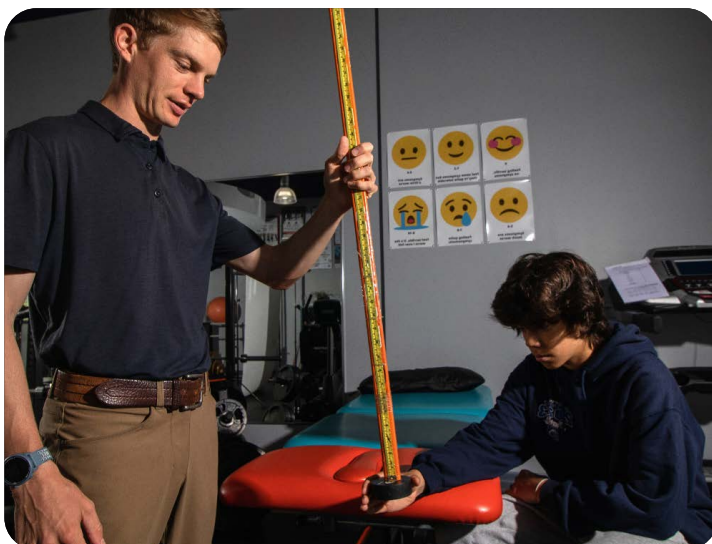
While it is true that moderate rest is still important during the early stages following injury, doing nothing but rest may be creating worse outcomes. Manual therapy is a meaningful way to help you feel better.

Learning how to restore strength to atrophied muscles and improving endurance safely can ensure a positive outcome. This can be achieved through a combination of muscle-training activities and aerobics. This is why choosing the right concussion therapy program is critical!

### REQUEST AN APPOINTMENT TODAY!

It is important to find an expert skilled in concussion management to help you feel your best in the fastest possible way. Concussions are a significant issue, and the comprehensive concussion therapy offered in Leaps & Bounds Performance Rehabilitation's clinic will provide you with the treatment and recommendations to assist you in your recovery. She can get you started on the initial steps toward developing your recovery plan and achieving your objectives towards a stable and sensible return to activity! Rest assured that you're supported in your journey to getting better!

Sources: <https://pubmed.ncbi.nlm.nih.gov/33582206/> • <https://braininjurycanada.ca/en/survivor/concussion/living-concussion/nutrition> • <https://www.proquest.com/openview/d3b2082c38cf87899ab491b511575544/1?pq-origsite=scholar&cbl=187508&diss=y> • <https://www.todaysdietitian.com/newarchives/0520p12.shtml> • <https://www.concussionalliance.org/nutrition#~:text=This%20lack%20of%20nutrition%20advice,of%20essential%20vitamins%20and%20minerals> • <https://medlineplus.gov/lab-tests/concussion-tests/> • <https://completeconcussions.com/2016/06/29/top-5-evidence-based-treatment-concussion/>



*Book your baseline concussion test before the start of the season. Mention this newsletter and get the group rate discount.*



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